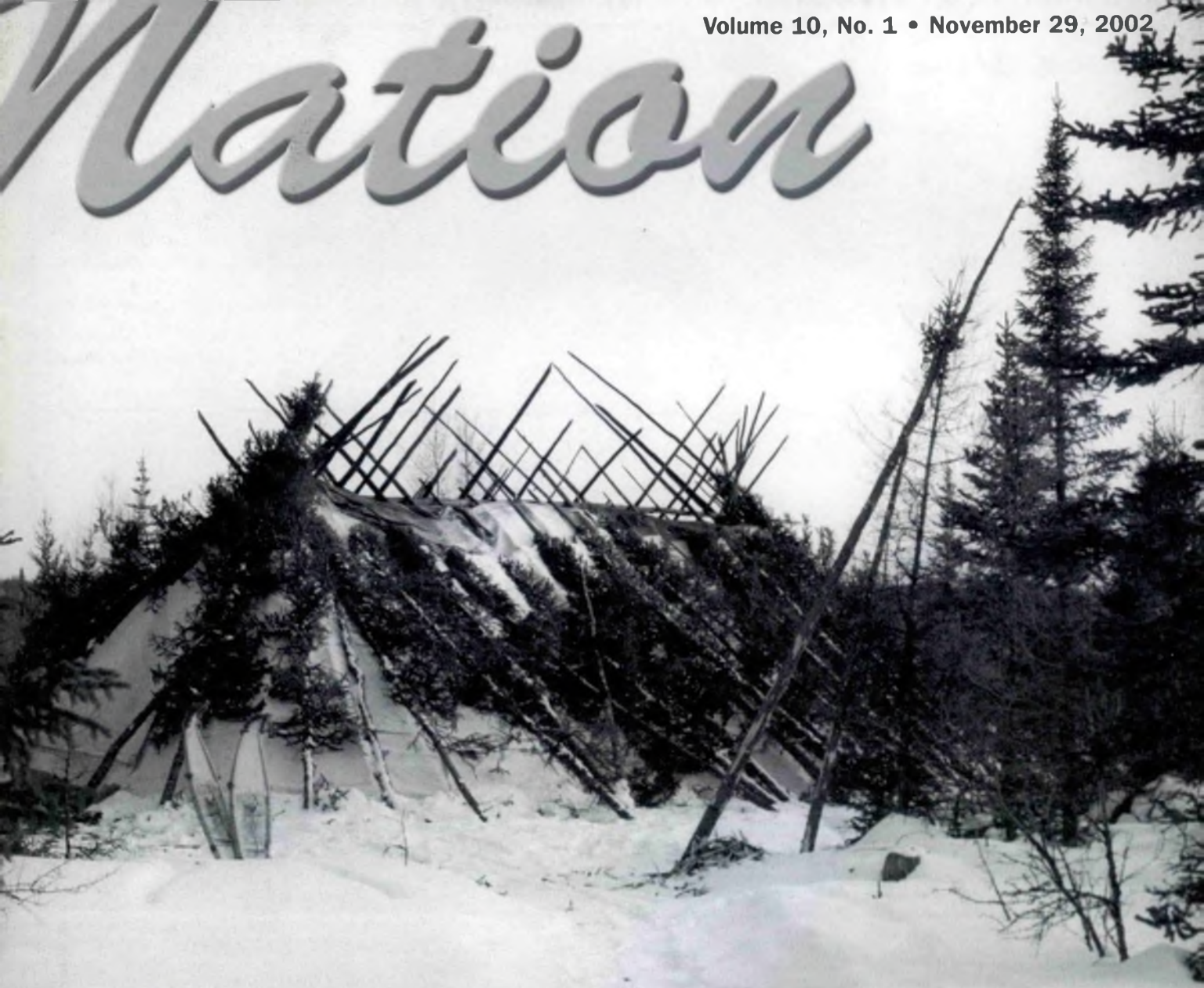
Volume 10, No. 1 • November 29, 2002

Nation



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the Nation

ATTACK OF THE CLONES A REALITY

It was on the seventh of November just after midnight when I even had an inkling that something was wrong. I tried to withdraw some money, but my dependable and convenient bank card was refused at two locations. I knew I had money in my account. One of the people with me mentioned that the bank computer system sometimes goes down for repairs, and another bailed me out with a cash loan at a friendly interest rate. It wasn't until the next day that I discovered my banking institution had refused to accept my card.

I went over around 1:30 the next afternoon. I still wasn't worried as the bank at one time used that tactic to get my attention. They wanted to talk to me. I was going to suggest a phone call in the future.

The reality was a far cry from what I expected. Someone had cloned my bank card complete with passcode. This had happened sometime before Nov. 5 and now it was the afternoon of the seventh. I sat stunned as I learned my anonymous nemesis had deposited empty envelopes in the bank machine, claiming they contained cash or cheques. They pretended to deposit $10,000 and managed to withdraw $6,000 before anyone at the bank caught on.

Not knowing this, I asked for my bank balance. It was over $4,000. I told them I thought that was a little high. We looked at the transactions for the past few days. What I assume was a test deposit of a little over $800 was followed by increasingly larger amounts combined with successive withdrawals.

There's no feeling like seeing your life violated in this manner. The level of frustration that you feel as you have no choice but to wait until things have been sorted out is unbelievable. I felt like life was on hold when I phoned the police and was told it would take up to a week for the fraud squad to get hold of me. The scary thing is that the wait wouldn't be so long except for the fact that there is an increase of this type of crime happening in Quebec. Since it happened I met three other people with similar experiences in as many days.

I must say here that the TD Canada Trust bank came through with a replacement card in record time thanks to Derek Brown, one of their financial representatives. He also referred me to Jeff Keaye, one of their spokesmen, who could answer some questions about how to safeguard yourself from debit card fraud.

Here are a few suggestions:

1) Keep track of all your transactions. The latest trick is a fake terminal. It isn't even connected to the system so if you notice a missing transaction then you will know you've more than likely been cloned. The only way to be sure of this is to check each transaction against a monthly statement. That's beside the fact that fees at those new non-bank auto-tellers can often come out to $4.50, making it pretty expensive just to pull out $20. And adds a little insult to the fake terminal threat.

2) Look out for shoulder surfers. They want your pin number.

3) Gas stations are notorious for the overhead cameras that capture you entering your pin number. Some stores may be doing this also.

As for myself, I plan to use nothing but actual bank machines just to be on the safe side. The store you have been using for the past ten years is probably a safe bet to continue using your card.

And yes, Interac is convenient. Canadians used Interac Direct Payment over 2.2 billion times to purchase goods and services from over 328,000 participating merchants in 2001 alone. That's a 1,000 per cent increase since it went national in 1994. We should have known that at some point someone somewhere would find a way to illegally cash in on this phenomenon. Safeguard yourself, it's up to you.

By Will Nicholls

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ON THE COVER

Trappers cabin in Eeyou
Photographer: Unknown
Cover Design: Mona Laviolette

Rez notes

BONNY ORR

WHEN YOU NEED A BREAK FROM THE HOLIDAYS

It seemed like just yesterday (in fact it was three weeks ago) when all the goblins, witches and masks were put away, when someone in a red suit started making his appearance. Give me a break man, are there only three months of the year when we are safe from the rush of the holidays and festivities and they are all during the coldest winter months at the beginning of the year. As I watch many people grow tired from hours of shopping and already haggard attitudes compete with the season's joyous activities, you realize that there is an awful lot of work related to taking holidays.from work.

I believe that holidays and the season to be jolly puts a tremendous amount of stress on people and the lucky recipients, who are the children, will grow up thinking that this is what it is all about, receiving, not giving. I may sound like Scrooge, but hey, I was a kid once too, and holidays meant a break from school and the chance to go out sliding or setting snares. When we got older, it was snowmobiling, but hey, again, we didn't pressure ourselves with endless consumerism, because we had no money to spend anyway.

Enough with grouching, I noticed that *The Nation* is working on its tenth year, as this issue is Volume X Issue 1. How can we announce to the world, that hey, *The Nation* is getting old. I talked to Ndiamon the other night and I happened to get the dates wrong and I thought that the Nation should have a big blowout issue, commemorating 10 years in the making, but, it seems to be in the same category as when 1999 turned over to the year 2000. Does it start at the beginning of the year or end at the end of the year?

Is it apocalypse now or later? Anyway, *The Nation* has been around for more than nine years now, no questioning that. I happened to bump into one of the founders of the magazine, Wernie, who just so happens to be a host of another Cree medium (another story to say the least) and meeting him made me remember why the magazine format is the way it is today. If you notice, its glossy on the outside and plain, but sturdy paper inside. If you compare it with the latest Spiderman comic book, you'll see the resemblance. Yes, *The Nation* is made with the same materials as a comic book. Why, because its harder to crumple up and use during an emergency, unlike those cheap newspapers that litter the streets of major cities and outhouses. 'Nuff said.

And... announcing that there is another tournament to end all tournaments, again. Wow, the teams just keep on getting better and better. With Jonathon Cheechoo (or Cheech) now in the NHL, who knows just how good some players will get? I may be a very old man when the Cree Nation will have their own team in the NHL, and maybe TV will be in 3D then, but I say, good game boys and girls. Keep it up, and maybe the Molson – er, Bell – Centre will see me behind the players' bench cheering on my grandson, who just maybe called Bobby Orr II!

The Nation
is published every two weeks
by **Beesum Communications**

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SUBSCRIPTIONS
Individuals & Institutions: $45
Abroad: Individuals: $70 U.S.
Abroad: Institutions: $85 U.S.
Payable to Beesum Communications

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Printed By Webex

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Publication Mail #40015005
ISSN #1206-2642

The Nation is a member of:
the James Bay Cree Communications Society, Circle of Aboriginal Controlled Publishers, Canadian Magazine Publishers Assn,
Quebec Community Newspaper Assn,
Canadian Community Newspapers' Assn
Les Hebdos Sélect du Québec

THE INVASION OF EEYOU ISTCHEE

Non-Native hunters overrun caribou grounds

It may sound like a headline from Iraq, but this time it's Cree territory that is being invaded.

The annual Caribou Hunt for non-Native hunters opened Nov. 15. Since then many Crees have fled their hunting camps because of the danger of being shot accidentally. Stories of bullets whizzing by are now becoming a ritual year after year.

The most extraordinary story is about a pot of tea being hit while people were inside their hunting cabin. True or not, the fact remains that the situation is becoming dangerous for anybody who uses the James Bay Highway. Hunters are shooting caribou with high-powered rifles close to the LG2 airport, though most shoot their caribou in the area around LG 4.

On Nov. 16, the family of Abraham Cox, Sr. was forced to return home earlier than planned because of hunting pressure. He says the shooting was too close for comfort at Kilometre 584, where his camp is situated. The situation is almost a yearly occurrence ever since the territory has been opened up to resident hunters to shoot caribou.

Another person who fled a similar situation is Abraham's nephew, Christopher Cox. He had been at the camp to teach young students in the Alternative Education Program of the Cree School Board to survive out on the land. Christopher, like his uncle, had to leave for safety reasons. By Nov. 15, he had become concerned that one of his students could be accidentally shot.

Marc Dion, of Protection de faune du Quebec, says authorities had already advised all the outfitting camps on the dangers of shooting close to Cree hunting camps. Mr. Dion told The Nation that the posted perimeter of 4 kilometres is a security zone, but there are no laws that stipulate that people cannot shoot within this perimeter. But, says Mr. Dion, "There are always non-intelligent people out there."

The following are the rules that the hunters are supposed to follow:

-Not to shoot on the road
-Not to shoot in parallel to the road
-Not to shoot across the road
-To shoot from the ditch at the least

Currently, only eight conservation officers cover the whole territory that is opened for caribou in Zones 22A and 22B. These zones cover many square kilometres of Northern Quebec. There are no Cree among the conservation staff at this time, though they expect to have more officers next year once the Cree Conservation Officers begin serving as provided for under the recent agreement signed with Quebec.

Another situation that came up at the time of research is the case of Edward Tapiatic. In 1999, he arrived at his camp only to find it occupied by a crowd of sleeping hunters. They had simply helped themselves to his cabin, meaning that they had broken in.

"I startled them, because they were sleeping at the time I walked in, they offered me money," Tapiatic said. "However, I refused because I felt that they would do it again if I would have taken the money."

Tapiatic took down their the license plate number, and the names of the individuals, and made a report with the Surete du Quebec, and that is the last that he heard of it.

Tapiatic added that the full impact of the caribou hunt is never fully known. During the spring thaw, he said, the stench is the greatest, and the carcasses of unclaimed caribou begin to show. Some lakes are littered with caribou parts and a few entire carcasses.

"This story needs to be told, because it is the Crees who are out on the land who are directly affected by this hunt, and it is not respectful of the animals that the Crees have depended on since time immemorial," said Tapiatic.

He continued to talk about some non-natives using helicopters and skidoos to chase the caribou. Some maiming, and leaving wounded animals to fend for themselves. Just a few more victims of the invasion of Eeyou Istchee.

by Christopher Herodier

F/P/T/A Aboriginal Affairs Meeting

by tsa

After three years of focusing on ways to strengthen Aboriginal participation in the economy, especially the participation of women and youth, an intergovernmental group that was put together to discuss and improve Aboriginal Affairs has put two new priorities on their agenda. The group will now explore the housing and education situations – two keys to achieving success in any part of life.

The Federal-Provincial-Territorial Ministers responsible for Aboriginal Affairs and the leaders of five major National Aboriginal organizations have been meeting since 1999. They recently met in Iqaluit for their annual meeting. Working groups have been focused on entrepreneurship opportunities for aboriginal women for the past three years, and only this year did the ministers and leaders approve the work on two practical guides to help Aboriginal women find programs and services and to start their own businesses.

As for improving the participation of youth, this year the ministers and leaders decided to endorse the National Aboriginal Organizations Youth Committee. The youth contingent will continue to be denied a full seat at future meetings, however. They will instead advise the FPTA working group on development and implementation of programs and services for the youth.

One would not expect that a group of 25 to 30 people would be responsible for such huge undertakings, but it seems that we have to take what we are given to keep the lines of communication open between National Aboriginal Organizations and the various levels of government. A day-long meeting from 7:30am to 3:30pm with breaks and a two-hour lunch hardly seems long enough to accomplish more than "how ya doin'?" The leaders and ministers did announce that there will be a National Business Summit held in Toronto next February, and that Aboriginal women and youth will be actively involved. To what extent is not yet known.

Organized by the steering group and co-chaired by a federal representative and a provincial representative, there were three major presentations: the first was from the Native Women's association on

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To assign or not to assign?

Dear Nation:

During a recent shopping spree with my wife, I met up with my Grade 4 teacher and she reminded me of a complaint I made in one of my recent flights with Air Creebec. My former teacher sat across the aisle from me during that flight and must have heard all the things I said about how lately, the seating arrangements are becoming an inconvenience. At the store, my teacher told me that another person also overheard my whining and had said that I was all talk. Well, whoever you are – you're almost right. I had forgotten all about that incident, but thanks to my teacher for reminding me. So, here I am, about to send a note about the seating system with Air Creebec and as an alternative to writing directly to the President himself, I decided to kindly ask your magazine to print the following letter so that polling can begin if this issue annoys only me and maybe my teacher. So, here it is:

Dear Mr. Diamond - President of Air Creebec:

As a frequent flyer and loyal customer with our airline for some odd years now, I have recently come to the end of my rope when it comes to your airline's seating arrangements or lack thereof. Nothing personal here, we just happened to agree during that flight that it was now time someone offered to comment on this issue. Naturally, I have been given the honour to carry out this task. It is my hope that by raising this issue, the suggestion that will follow at the end of this note will be applied accordingly (maybe on a trial basis), and without any penalties or consequences of any sort to my teacher or me. (Kidding!)

After many flights with Air Creebec throughout the years, I am proud to say that I always felt safe and that my business was of some value. I have enjoyed meeting new people. The flights offer the regular Joe to say their peace to people like you and me about our respective entities. It has always been a pleasure to be greeted by your staff on board and on the ground. The professional service you offer through your staff, overall, is highly commendable.

I suppose I have come to my senses and realize that the seating situation cannot go on unchanged. Perchance I might just be experiencing the things that come with age such as grumpiness. Anyhow, in my recent flights I have ran into the same scenario. When I board the plane, I have the privilege of finding a seat of my choice. This is unique. Then, I get to enjoy the company of passengers and sometimes I look for an isolated area for a quick snooze or to prepare for meetings. At the first stop, we are asked to deplane. While we sit and wait at each stop, we have the opportunity to socialize with our people. When it's time to board the plane again, it is in our nature to allow others to board first before us and this usually means our seats will be taken. This scenario usually happens at each stop and we are forced to sit at a different seat each time. The flight from Chisasibi to Waskaganish to the south is the one contemplated here. I am not certain if the same situation occurs with other Air Creebec flights.

As a suggestion rather than a complaint, perhaps it is time to expand your airline's professionalism by computerizing Air Creebec's entire seating system and announce by the New Year that the seats will now be assigned, perhaps on a trial basis for a period of time to see if this can work. Should this suggestion be possible or if an alternative can be offered, it will be considered a Christmas gift to my Grade 4 teacher, to me and to all your future passengers that will enjoy our airline with limited inconveniences of this kind. Thank you.

Yours truly,
Bertie Wapachee

The Nation & CSB Essay Contest

Open to all CSB students of all ages

Once again we are looking for essays to encourage writing and reading skills in Eeyou Istchee.

The essay catagories are French, English or Cree.

The essay can be about anything you want. It can be personal experiences, bush life, legends, traditional teachings, the use of Cree in the schools, the future of Eeyou Istchee, fiction or just about where ever the students imagination takes them. The only rule is you must or will be a Cree School Board student. You may be in elementry, secondary, post-secondary or adult education.

If you think that your topic may not qualify, give us a call.

Deadline:

December 13,2002

All entries must arrive at the Nation by this date.

Prizes

Overall Winner- $500
1st Place in each catagory- $250
2nd Place in each catagory- $150
3rd Place in each Catagory- $100

Send in your entries by:

Mailing to : The Nation & CSB Essay Contest,
5505 St. Laurent, Suite 3018, Montreal, Quebec H2T 1S6
Fax (514) 5278-9915 or Email: nation@beesum.ca

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'TIS THE SEASON

"To live is not to live for one's self alone, let us help one another" – wise words from Greek playwright Menander. That being said, 'tis no secret that the Christmas season is upon us as we have been bombarded with commercials and ads for new fangled shiny gifts that we probably don't need ever since Halloween came and went. During this time of almost unavoidable overindulgence it is easy to forget that this is supposed to be the season of giving of yourself rather than the season of giving and getting material possessions. Hanging with the family and friends, being jolly and joyful, it is important to remember those less fortunate who do not have enough money or food to make for a happy season. Each community has a program for collecting food and donations of all kinds to pass on to those families, called the "Wreath of Hope" in one community, "Teshipataakan" in another and even simply "the food bank" in another. So now is the time to drop your gifts in the boxes that are located at the stores, banks and schools in your community. Communities are going to be holding fund raising events like penny socials, bake sales and bingos to help raise money, and some communities have requested some specific donations of diapers and turkeys. The following is the list of contact people, donation drop off points and specific donation requests for each community. You can contact them for any further information. Try to drop off a dollar or two, or pick up an extra can of goods or diapers so that everyone can experience the wonder and joy of Christmas this year. As the Dalai Lama says, "the key point is kindness."

Chisasibi

Called the "food bank," the committee writes letters of request to each entity for donations. They have donation boxes for money located at the CIBC, First Nations, COOP and Northern Stores, as well as at restaurants in the community. They will be holding penny socials between Nov. 21 and Dec. 18, a bingo on Nov. 26 as well as a Giant Bingo, the date of which has yet to be announced. There are over 332 families in need this year. Anyone willing to help in anyway can contact Edward Tapiatic at (819) 855-2878.

Eastmain

The Wellness Centre will be holding a food drive this year, with boxes located at the Northern and the Grocery Store. There are 28 families in need this year. Donations of small turkeys would be much appreciated as well as wild meat of any kind, which can be brought to the Wellness Centre. Donations of any kind are welcome and the person to contact is Sally J. Gilpin at (819) 977-2000.

Mistissini

For fundraising activities for the Wreath of Hope, or for "Angel Tree" donations, please contact Beverly Quinn at (418) 923-3262.

Ouje-Bougoumou

The Women's Group will be holding the food drive this year, with boxes located at the band office and other entities. There will be a Christmas banquet for all the children of the community, the date of which is to be announced. There are 20 families in need this year and they have requested donations of non-perishable food items only. The person to contact is Reggie Neeposh at (418) 745-3911.

Waskaganish

The Wellness Centre is in charge of the TasHipaTaaKan program and will be seeking donations for of all kinds through penny socials, takeouts and a bake sale that will be held between November 22nd and December 15th. There will be food boxes located at all entities in the community where donations of food, presents for small children and diapers would be much appreciated. There are 120 families in need and anyone wanting more info can contact Nina or Linda Diamond at the Wellness Society at (819) 895-2204/2203.

Wemindji

The Wellness Centre is responsible for the food drive and delivering the food baskets. The food bank will be writing letters to request donations from all entities this year. There will be boxes in the grocery stores for donations of non-perishable goods and diapers. Money donations are also welcome. A Christmas party for children under 12 will be held at the Wellness Centre at a date to be announced. Kerri-Lynn Stewart is the contact person for any further information at (819) 978-3868.

Whapmagoostui

Contact person is Arlene George at 819-929-3203.

All communities would like to wish everyone a Merry Christmas and wish to express their appreciation to those who have donated in the past and to those who will be donating this year.

By tsa

Mistissini's story of the Christmas Spirit

Wreath of Hope

Since 1990, Meechum has been involved in helping those less fortunate at Christmas. The Wreath of Hope began as a food drive, where customers purchased additional food items during their weekly shopping and placed items on a counter for families in need. Later these would be sorted and divided into food boxes by volunteers.

Through hard work and experience, this method has changed. Customers, entities and fund raising events contribute cash towards the Wreath of Hope. A Wreath is displayed at Meechum to indicate the amount contributed by all community members. Food baskets are prepared, along with food vouchers, for about 50 families that are less fortunate at Christmas time. This assistance is also provided throughout the year, an average of about three families per month.

This project would not be possible and successful without our community effort. Thanks to generous contributions and commitments from entities, organizations, volunteers, and community members. As our letters of promotion state, "Let's make our community a place we can all be proud to call home."

Angel Tree

Last year, Meechum started an additional project called the Angel Tree. We had students from Grade Three and Grade Six make us at least 150 angels to hang on our tree. An angel for each child would be identified according to age and gender. Customers could remove the angel, purchase a gift for a child as indicated on the angel. They would bring the gift wrapped and tagged with child's age and gender. Last year 150 gifts were donated. Thanks again to the generous contribution of community members, volunteers were able to deliver gifts to those less fortunate at Christmas time.

Taking action on Climate Change

Together, we can do it.

Your choices make a difference

Vehicles
The vehicle you buy and how you maintain it can make a difference to the environment. EnerGuide for Vehicles and Auto$mart can help you reduce greenhouse gases, cut fuel consumption and save money.

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With the help of the R-2000 Standard and EnerGuide for Houses, you can boost energy efficiency and cut energy bills—a good idea for the environment and for your pocketbook.

Appliances
If you want to protect the environment, keep utility bills low and make sure you get the best deals on appliances, ENERGY STAR® and EnerGuide for Appliances can be your guide.

Taking action on climate change is everyone's responsibility. To find out more about what the Government of Canada is doing and what you can do, please call **1 800 O-Canada** (1 800 622-6232), TTY 1 800 465-7735 or visit **canada.gc.ca**.

Government of Canada | Gouvernement du Canada

Canada

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Chisasibi, Qc. J0M 1E0

Congratulations
to the following graduates:

Certificate in First Nations and Inuit Education-McGill University
Stella Jolly-Gull of Waswanipi

Bachelor of Education-McGill University
Mary Bullfrog-Etapp of Mistissini

From The Staff of Professional Development
Cree School Board

Con't from page 5

ways to increase women's participation in the economy; the second presentation was to announce the National Business Summit; and the third presentation was by the youth contingent, which spoke about CEPS. This model stands for the Culture, Economic, Political and Social areas that the youth wish to have set up for their own enhancement.

After these presentations, the ministers and leaders went for a private two-hour lunch, during which time they decided to welcome the Pauktuutit Inuit Women's Association as a full member and they decided on the two new directives of housing and education. Officials were directed to develop strategies and recommendations for these issues and report on progress at the next meeting, which will be held in the fall of 2003 in Ottawa. The steering group will issue the call for a meeting and decide on a course of action, with probably the establishment of two new working groups for the two new directives.

There are four levels within the FPTA: At the head are the ministers and leaders of the organizations; under them are the deputy ministers and senior officials; then the steering committee which appoints the fourth level; the working groups that work on the agenda directives. The steering committee is co-chaired by a federal representative, a provincial/territorial representative, and an aboriginal representative. The major difficulties for the group as a whole is that there are 19 different jurisdictions involved and they work on a consensus basis. Attendees of the meeting that I spoke with were pleased with the overall outcome of the meeting, and are extremely happy that issues a little "closer to home" are going to be explored.

JBNQA Reflections

On November 12, 2002 a reception was held at the Bibliotech National de Quebec in Quebec City to launch a new book, *Reflections on the James Bay and Northern Quebec Agreement*, edited by Alain-G Gagnon and Guy Rocher. The text comes after a symposium of the same name, and as the title suggests, the is collection of essays that explore in great depth that historic agreement, signed November 11, 1975.

Over 20 specialists and historical witnesses, including both Cree and Inuit contributors, discuss governance, territorial development, implementation and environment. The book also contains a chronology of major historical events concerning the Aboriginal peoples who benefit from the Agreement, a bibliography of essential books and statistical reference points on those Aboriginal peoples involved in signing the Agreement.

One very interesting feature of the book is that it is available in two bilingual publications: English and French or Cree and Inuktitutt. A team of translators consisting of Brian Webb, Luci Salt, Anna Blacksmith, Louise Blacksmith, Eva Moar, Ella Neeposh and Annette Neeposh were contracted to translate every essay, map and caption.

The event was attended by important Cree luminaries such as Dr. Ted Moses (who also authored one of the essays) and Alfred Loon. Authors and organizers, such as Stéphan Gervais from McGill's Quebec/Canada Studies, rubbed shoulders with Quebec dignitaries. Beesum Communications, who coordinated the translations, was also represented.

La police est à vos trousses

Campagne de recrutement ciblée du Service de police de la Ville de Montréal.

Ville de Montréal
Service de police

Le Service de police de la Ville de Montréal invite les personnes issues de minorités visibles (noirs, latino-américains, arabes, asiatiques etc.) et les autochtones à devenir policier et policière, et à bénéficier d'une carrière prometteuse.

Pourquoi les minorités visibles ?
Le SPVM veut être à l'image de la société montréalaise, une société riche en culture. Le SPVM est à la recherche de gens qui ont pensé une fois dans leur vie exercer un métier qui leur permettrait de travailler au cœur de la vie montréalaise.

Quels sont les critères de sélection ?
Vous devez détenir un diplôme d'études collégiales (une technique de 3 ans) ou un DEC général de 2 ans et 30 crédits universitaires ou un baccalauréat en : Sciences de la gestion ; Sciences humaines (sociologie, criminologie, travail social, psychologie) ; Sciences juridiques ou toute autre formation universitaire pertinente à la fonction policière.

De plus, vous devez :
- être citoyen canadien ;
- ne pas avoir de casier judiciaire ;
- avoir une connaissance fonctionnelle du français ;
- avoir une connaissance d'usage de l'anglais ;
- être âgé de plus de 18 ans ;
- détenir un permis de conduire valide (classe 5) ;
- vous procurer le permis de conduire classe 4A ;
- répondre à la norme de vision suivante :
  20/40 meilleur œil, corrigé à 20/20
  20/100 l'autre œil, corrigé à 20/30.

Les candidats doivent réussir le processus de sélection et suivre une formation policière d'une durée de 39 semaines dans un cégep de Montréal et à l'École nationale de police du Québec.

Comment puis-je devenir policier ?
Composez le : (514) 280-EMPLOI (280-3675)
Si vous êtes de l'extérieur de Montréal,
composez le :1-866-6-POLICE (1-866-676-5423)
ou procurez-vous un formulaire d'emploi au
1441, rue Saint-Urbain (Métro St-Laurent).
N'oubliez pas de consulter notre site internet :
www.spcum.qc.ca pour de plus amples informations.

Only ____ Shopping Days until Xmas

Jingle Bells, Santa smells..., ah the season of Xmas is upon us. What started as a simple winter solstice ceremony has gotten huge. It started with a gift or two between friends and family. Then the merchants of Venice took these small tokens of affection and replaced it with crass commercialism that takes up a nice portion of our yearly income.

Opps, did I say crass? The enticements they offer are amazing. I grew up with a G.I Joe and loved the plastic jeep that came with it. This year though as I went through the catalogues, shops and whatnot, I came across a great site with tons of ideas. It's called Paramount Zone. To get to it just do www.paramountzone.com in your web browser and be prepared to be wowed. I think that all the kids who had G.I. Joes and imagined them moving or having these amazing toys invented most of what you'll find here. You'll find the sniper, a small figurine that moves across a surface slowly stopping to pop off a few rounds every now and then or the amazing levitating pen. On to the toys of tomorrow today....

Sapphire Torch

The blue Sapphire Crystal, which is semiconductor based, produces a high efficiency, non-deteriorating, solid state beam. There is minimal heat generation from the soft illuminating light, and the manufacturer is so confident in the design and durability, that they guarantee it for life.

It's a light source that can be seen for over a mile at 180 degree viewing radius, and being only 6.7cm long, it's small and compact enough for you to take anywhere. Overall, a great personal accessory especially if you get lost or just need to find the outhouse. Approx. $30

Casio WQV10 Colour Wrist Camera

This model features a colour display that enable the wearer to view colour images right on his/her wrist. Up to 100 full-colour images using 16.77 million colours can be stored in the memory, and a Visual Databank feature lets you attach up to 24 characters of text to each image for storage of names, phone numbers, and other information. The camera's 4,096-colour LCD monitor screen lets you view images on the spot, as soon as you record them (in colour).

Other features include 2x digital zoom, a camera timer that can be set for 2, 5, or 10 seconds, and much more. Of course, it also provides standard timekeeping, plus a full-month calendar display with variable colouring for special dates, five alarms, a 1/10-second stopwatch, and a choice of six different display colour patterns.

Another cool feature is the thumbnail display, which can Combine 4 images on display for simultaneous viewing. Page numbering of images has been added for simplified image searching. The metal parts of the case create sharp lines and an image of high-tech elegance. All of this makes this cool gadget an essential wrist gear item for the modern lifestyle.

Includes: Bundled software WQV LINK 3.0 PC exchange software, Image-editing software

Extra Option: Infrared adapter*3*4 / exclusive USB port use: PAD-5-1; 9-pin serial adapter: PAD-2B-1

Please note: Unless your PC already has one, you need the infrared adapter to enable you to upload images to your PC.

Approx. $620

Twilight Tracer

Light-up golf ball

So you have a golf nut in the family or just a nut who likes to play golf. This is the perfect gift, especially for those lads who are always losing their balls. A ball that lights up when you hits and keeps flashing for five minutes. You can even continue those late evening games when it gets dark allowing the golf widows plenty of time to pack up and get out of town.

Approx $33 for a three pack.

L'espion digital camera

This sucker is smaller than a matchbox. Using the camera is a cinch. A built in retractable Optical Viewfinder allows you to centre subjects and keeps the protruding piece safe when not in use. There are only two buttons on the camera, one being the Shutter/Select button, and one being the mode button, which allows you to display the surprising amount of various options. These options included switching resolutions, continuous shutter for recording video, clearing all pictures from the memory, and the always-helpful self-timer. Also convenient is the use and easy installation of a single AAA battery, avoiding the annoying battery hunt that is often involved for many cameras. Ideal to keep in your pocket for unexpected picture opportunities.

Overall, an amazingly small camera at an equally small price...

Approx. $100

Extra Info:

-0.1 MegaPixel camera 16.7 Million colours

-LCD control panel to control resolution, self timer and movie mode

-16 FPS webcam mode

-Dimensions 58mm x 40mm x 15mm

-Weight 40g

-2MB internal memory

-High quality 20 shots @ 352 x 288 resolution, Economy 80 shots @ 176 x 144 resolution

-Built in retractable Optical Viewfinder

-10 Second self timer

Digital Voice Changer

Don't have enough bodies to make it seem like you have a really big activist or environmental organization with a lot of support? This little gadget has 6 voice changing options, and digitally changes your voice frequency to enable you to remain totally undetected. That means with your normal voice you can be seven people on the phone. If you have ten volunteers, you now have 77 people who can bother your member of parliament or national assembly member. Get your message out, again and again and again. Oh, yeah there are other uses. If you fancy finding out what someone really thinks about you, while remaining totally disguised, then this is the gadget for you. The fun possibilities are endless...

Approx. $37

Walkie Talkie Watches

With a high frequency band for a clear reception and a range of up to 250 feet, these compact radios work from one channel. An earpiece is included which connects to the watch, enabling you to hear your fellow hunter discretely. Imagine the possibilities....

You can play a variety of stupid pranks with your co-spy, and spread spurious gossip as the target of your mirth walks past. They come in handy when attempting to chat up members of the opposite sex, while pretending to be a secret agent. Oh, and in case you forgot, it's a watch too, so you can tell the time, date and even count down the seconds until it's time to start your next spying expedition.

A small microphone is located underneath the mini flex aerial on each watch.

Overall, kids these days are totally spoilt....these are a world apart from the string and cups used for similar fun espionage only a decade ago.

Approx $75 for two

Emergency mobile phone charger

This is a must. Your mobile phone is dying and your wife is asking why you never talk as much. There's only moments to save your marriage but the phone battery has died. There are no pay phones on the James Bay highway and your life begins flashing in front of you eyes just like that low battery warning. But wait you remember that cool gift you got. With this cool keyring at your side such experiences are a thing of the past. Just attach a 9v battery (included in the price below), and plug it in for an instant charge of about 40%, and also back up power with the charge that remains in the 9v battery.

Most other emergency chargers on the market use hard to get batteries, but this model uses the widely available 9V, stocked by any corner store, roadside diner, gas station or other merchant.....

Approx $20

Extra Info:

Small keyring that fits anywhere

1 9v Battery included

Provides about 9 hours standby/1 hour talktime.

This current model only works with Nokia phones. Models for other phones will be available soon.

Executive Truth Machine

"So Aaron, you were sick yesterday?", "You have never accepted a pay-off?", You're really only 35?" The next time you're not sure if someone is telling the truth, get this little gadget out and find out for sure. This baby combines state of the art technology using both a psychological stress evaluator (PSE) and the voice stress analyzer (VSA).

They pick up micro tremors in the voice not detectable to our humanoid ears. They measure the amplitude of the upper and lower sidebands of the frequency spectrum of the voice to detect stress. The input is then analysed, and results shown visually in a column of LED lights, indicating green for truth and red for lying. If the LED illumination reaches the top, someone is most likely a lying S.O.B. Remember though this baby isn't 100 per cent accurate but you can have fun checking out political speeches on the TV.

Mini Cooler/Warmer

Indoors or out, on the road or in the water, this cool retro style fridge/warmer is an essential lifestyle accessory if your a Cree. It's slightly larger than most 'mini' fridges on the market, thus allowing you to store that little bit extra. Power options of the mains adapter, or the included 12volt car adapter make it truly versatile. Sonny Orr said it could even be used with his four-wheeler. Hint, hint to the wife. It's even got a discreet handle on the top which folds out to enable easy carrying.

Approx. $252

Extra Info:

-Cools to 20°C below ambient temperature.

-Warms to +65°C by set point thermostat.

-Hot / Cold, On / Off switch. Red / Green LED's indicate warming or cooling.

-Power consumption 48 watts 4 Amps @ 12v DC.

-Handle recess when not in use.

-Cold and heat are transferred through aluminium heat sink. Heat dissipation to outside by fan with long life brushless motor (30,000 hours)

-Convenient - Plug into any 12 volt cigarette lighter in car, boat or mobile home or 230v AC power source.

-2.75m detachable cigarette lighter power cord.

-Mains power cord.

-Full polyurethane-foam lining with no CFC's.

-Cap. 15 litres - Will hold 21 x 330ml cans.

-Operates on DC 12v or 230v AC.

-Outer size: 440h X 284w X 361d mm.

Ghost Night Vision Scope

Night Vision scopes are electro-optical devices that intensify (or amplify) existing light instead of relying on a light source of their own. They are sensitive to a broad spectrum of light, from visible through infrared. Like cameras, Night Vision products have various image magnifications. The distance at which a human-sized figure can be clearly recognise under normal conditions (moon and star light, with no haze or fog) depends on both the magnifying power of the objective lens and the strength of the image intensifier. Of course you aren't going to want them for peeping tom activities but for looking at geese sleeping peaceful during the spring goose hunt. Just tell the wife, "I want, I want..., please mommy."

Approx $415

Main Features:
Type: Monocular
Lens: 50mm f1.5
Mag: 2.4x
Angle of View: 15°
Range: 1.3 - 75m

Shower Radio Note

This cool blue waterproof shower radio has suckers that will cling to your shower wall/tiles/glass or whatever. Listen to your favorite Cree radio as you wash... Overall an essential shower companion.

Approx $60

CD Shower Companion

Think the Shower Radio is too old school? Get both a CD player and radio with this baby. This is a superior AM/FM stereo and CD shower radio — with excellent reception, precise digital tuning and 10 station presets. Not only that but you can pick up TV on it too so you don't miss the morning news.

It's also great for using as a portable Radio/CD player....when you've finished showering, just take the portable CD Shower Companion with you — it comes with a handy countertop stand that cradles the player vertically even in a small amount of space. Annoy your co-workers with this piece of technology.

Big-button controls are easy to use (even with soapy fingers), and the LCD screen shows the CD track, time, station and battery strength. Includes hanging hooks and wall-mount bracket.

Runs on 4 C batteries or an AC adapter for use outside the shower. P.S. NEVER use with the adapter when in the bathroom or near water.

Approx $365

Acre of the Moon

The most unique gift ever!

To some it's just a 4.6 billion year old ball of rock that circles around Earth once every 27 days, 7 hours and 43 minutes. It might have no air but we hear there's water there. So if you're tired of all those swamp land deals then here's the biggest one of them all. No one's been there since 1972 so we're talking a fixer upper if we ever get up there but it is a piece of the action when we do. Yes you can buy your very own piece of the moon. One full acre of prime high ground real estate can be yours. Each purchase includes a Deed, Constitution, Property Map, Mineral Rights, and a copy of the original Declaration of Ownership.

Moon Estates gift pack contains:

*Lunar Deed, which confirms your registration of the one acre of the moon and gives the co-ordinates of your plot.

*The Lunar Map so you can see where your property is located.

*A document confirming you have Mineral Rights to your land.

*The Lunar Constitution and Bill of Rights which details the Lunar laws, your rights.

*A transcript of the Declaration of Ownership. This is the document filed with the USA and Russia along with the United Nations General Assembly in 1980 in which Dennis M. Hope - first laid claim to the Moon.

*Postage paid registration Card.

Approx $50

The Chill Pillow

You're in the car and your head keeps hitting the window as you drift off..... then there's the drone of the motor upsetting your much needed beauty sleep and some of us need more than others. Well here's the perfect solution. A travel pillow with built in speakers on each side. They play a soothing range of sounds. You can listen to the ocean lapping against the shore, a birdsong, a gentle stream, summer nights, tropical forests.... The beast is soothed and you drift off into never never land. No matter how stressed out you are, after a few moments with this you will descend into a feeling of total bliss and relaxation..... Pamper yourself, you know you're worth the cost.

Approx $45

O Pur - Pure Oxygen

Why use the opur pure oxygen canister?

It's great as a hangover cure, or just to pick you up a bit if your hectic lifestyle is getting too much. It has been shown to combat stress well, increase your memory, and help your immune system...

Just 300 years ago, the density of oxygen in the environment on earth was 30 percent. Today it is 19-20 percent. Simple living cell creatures will adapt to such changes in the environment. However, man has not become more efficient at extracting oxygen from the air, nor has he developed larger lungs to take in more air by volume. This results in lower tissue oxygen levels, lower energy production, lower cellular function, lower glandular function, slow accumulation of toxins resulting in toxemia and a general feeling of "just not feeling good."

So, if you're feeling a bit run down, just take a few blasts on the canister which contains 8 litres of pure Oxygen at a minimum of 99.5% purity, making sure you feel fully refreshed.

Approx. $30

*Features of the O-PUR pure oxygen supplement:

*User friendly canister/inhaler

*Contains 8 litres of pure Oxygen at a minimum of 99.5% purity

*The pure Oxygen contains no expellants, additives, preserving agents or aromas

*Using the Opur canister encourages good belly breathing and at the same time gives the correct purity of oxygen.

SLAM MAN

Tired of punching the old punching bag around as it's a bit boring? Then the Slam Man is for you. It's a computerized workout machine. There are 15 different programs in the Slam Man's computer including beginner, intermediate and an advanced program. You can choose which one is best for you and graduate from level to level as you feel yourself improving. Each program was developed by a professional boxer and is based on actual boxing techniques. Working out with the Slam Man will help you tone and strengthen every major muscle group while giving you a great fat-burning workout at the same time. The best thing about the Slam Man is that he tells you where and when to hit him and he'll never hit you back! How's that for a stress reliever? Slam

Man lights up wherever he wants you to hit him. The challenge for you is to hit him before the next target lights up! This will help improve your hand-eye coordination. With the Slam Man you'll get a pair of boxing gloves, a meal plan, an instructional video and owner's manual so you'll have everything you'll need to get started.

Approx $300

Speedchek Sports Radar

Ever wonder how fast your slapshot is? Your budding NHL talent in the family? Well this little radar will tell and it's pretty good. Can be found on Canadian Ebay at approx. $165.

Still Need More Ideas?

by Melora Koepke

The following is a list of helpful and fun Christmas ideas, chosen at random, listed in no particular order, based on no particular criteria except that they are all things I think are cool gift ideas.

Toys (for kids): Anyone who has a computer at home knows that kids will never run out of fun to have in front of a screen. But for these purposes, let's focus on stuff to play with that doesn't involve a keyboard and a mouse – for example, who wants to cuddle plastic? **Stuffed animals** are still statistically one of the most popular gifts for children. They are affordable and good for the imagination, and you can find all sorts of exotic and interesting animals available. Why not provide your little ones with a cuddly stuffed alligator, manatee, giraffe, beluga whale, sea lion, pelican, lynx cub or lemur? You'll help to mix up your town's population of teddies and stuffed doggies, and help your kids develop a healthy curiosity about animals all over the world.

All sorts of games we had as kids are starting to be popular again. Check out the **Lego** website, which has an entire brave new world of little plastic building blocks, enough to build an empire beyond your greatest imagination! The new intelli-train system is a buildable train system that rivals CP Rail! Check out the lego website at www.lego.com.

Other cool stuff – for the medically-minded (or extremely sadistic) kids will enjoy the board game **Operation**, in which the players play doctor and extract different body parts from orifices on a cardboard "patient." Also, the **Play-Doh** company has a dentist set for the medically-minded (or incredibly twisted) kid ($12.97, at toy stores). Play-doh has released what I think is the coolest plasteicine toy ever: the "**Mold 'n launch racers**" where budding engineers mold their own racecars out of metallic play-doh and then race them around (or launch them into) barriers of their own devising.

Two other classic blasts from the past are back on shelves: remember **etch-a-sketch**? Long before computer mouses and digital illustration pads, this artistic toy – I still can't figure out how it worked – kept us busy for hours (great on long car trips!). **Spirograph** ($6.99) was (and is) another weird, artsy favourite, as is **Lite-Brite** ($21.99!)-seeing your name (and art) in lights is always a big thrill. Now, there is a **cube lite-brite** for extra excitement.

The toys above are all available in major toy stores and on the Internet.

Toys (for grown-ups): **A Beatles album cover jigsaw puzzle** is the kind of thing you pretend to buy for kids and then keep for yourself, but when the piece-by-piece visage of Sgt. Pepper is a mere $9.99, who cares?

If you have a little more cash to spend, the best **portable DVD player** is the Toshiba SDP-2000 (approx $1,100). A cheaper (and smaller-screened) machine of this type will only run you $700 to $800, but the Toshiba model is the best. With a nice LCD screen and almost 4 hours of pure lithium-ion power, you can expect long plane trips and ice-fishing hut sit-downs to whip by while you play the special *Lord Of The Rings* DVD release-edition over and over (see DVD section, below.) The machine, which looks like a mini-notebook computer, is only 3 cm thick. (available at Wal-mart and Future Shop).

Though your kids may have loved Star Wars on video, chances are you loved it more, so get real about who the newly-released **R2-D2 interactive Astromech Droid** is really meant for. This 15-inch geek pal is the best friend you've always wanted – according to Creature Labs, the manufacturer, "The R2-D2...is packed with all the spunk and charm that made the droid famous. This responsive droid answers to your call and obeys your commands. Equipped with innovative speech recognition technology, infrared scanning technology and working sonar navigation, this R2-D2 recognizes 40 spoken phrases, plays six exciting games, and sings three tunes. It even has a retractable arm that lets it hold a 12-ounce beverage!" You'll feel like Princess Leia all over again. (about $150, www.creaturelabs.com.)

In The Kitchen: Far be it from us at *The Nation* to ever encourage people who love to cook to ever stay prim and proper and uptight like that Martha Stewart – instead, we have some suggestions for kitchen-related **gifts from the kitchen**.

First off: did you know that you can actually make things on your very own stove that make great presents? The recipients of these handmade "dainties" will recognize you're your your hard work and creativity, and feel great that you thought of them!

Bath bombs: These are easy to make and can be wrapped up really nicely, to make pretty presents. The user will feel pampered and smell great!

Recipe:

- 1 tablespoon almond oil
- 1 cup citric acid
- 1 cup bicarbonate of soda
- 20 drops of essential oil (try lavender, jasmine, orange, lemon or any other great smelling scents). You can also use "foody" smells like grated ginger, cinnamon or vanilla bean – (a man once told me I smelled like cake when I was wearning vanilla perfume). Some dried flowers are nice for decoration, if you want.
- Several drops of food colouring.

What you do:

- Preheat the oven to 425 degrees Fahrenheit
- Sift bicarbonate of soda and citric acid together into a mixing bowl
- Add almond oil, essential oil, food coloring and dried herbs & flowers
- Stir until ingredients are thoroughly combined
- Spoon powder into molds. Try baking pans which you would normally use to bake cup cakes in or use fancy shape cake molds. Hearts look great.
- Bake for 4 to 6 minutes
- Leave to cool
- Carefully tip bath fizzies out of mold. They are fragile, so use care
- Store in a jar or wrap in coloured tissue paper (wrap first in saran wrap) or cellophane wrapped with a ribbon.
- Write a nice message or poem on a card and attach it to the ribbon. You're al set. To top off the gift, write the ingredients on a gift card and attach to package.

Usage instructions:

Drop bath bombs into a bathtub full of hot water – they will sizzle and smell great! Make sure to leave a grate in the drain so the leftover dried flowers don't clog your drain. Note: much as these smell good enough to eat, they are NOT EDIBLE. For equally scrumptious balls of goodness to fill your tummy, check out these recipes for chocolate truffles.

Chocolate truffles:

Cheap-ish and easy to make, and even easier to eat, chocolate truffles are among the most popular xmas gifts of all time. You can play with these recipes and add different flavours to make infinite, scrumptious holiday present possibilities.

Chocolate Chesnut or Pecan truffles

1/4 cup heavy cream

6 ounces fine-quality bittersweet chocolate, chopped fine (warning! The quality of the chocolate determines the tastiness of the truffle, so excellent quality chocolate which is high in cocoa is worth the extra money, if you can afford it!)

2 tablespoons dark rum (optional)

3/4 cup (about 6) finely chopped marrons glacés (candied chestnuts, available in the candy aisle of large food stores) or chopped roasted hazelnuts or pecans

1/4 cup sifted unsweetened cocoa powder for coating the truffles

In a small, heavy pan bring the cream to a boil, then immediately remove the pan from the heat. Whisk in the chocolate in small pieces, whisking the mixture until the chocolate is melted completely. Whisk in the rum, whisking until the mixture is smooth, and stir in the chesnuts. Chill the mixture, covered, for 3 hours, or firm. Form the mixture by heaping teaspoons into balls and roll the balls in the cocoa powder. Chill the truffles on a baking sheet lined with wax paper for 1 hour, or until they are firm. The truffles keep in an airtight container, chilled, for 2 weeks.

Makes about 25 good-sized truffles. Wrap them up in tissue-paper-lined festive boxes that you can make or buy from the dollar store, and decorate the package with stickers and sparkles. And beware: once you make these truffles once, you'll have to make 'em every year, because people will ask Santa for them by name!

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Send us your artwork, sample or photo and you'll be eligible for a CASH prize.
(Bragging rights included)

Deadline is 3:42 am, November 30th, 2002

Entries:
Beesum Communications
5505 Blvd. St-Laurent, suite 3018
Montreal, Qc.
H2T 1S6

Comix, Books, CDs and DVDs: Out of the millions of entertainment possibilities available to anyone who wants to shop at Chapters, at amazon.ca or, preferably, at an independent record store or bookstor. Ideally, when you enter a bookstore, you would have with you a shopping list or an idea of your loved ones' reading/listening/watching preferences. On that, *The Nation* can't help you – you know the people on your list better than we do. What we can do is provide you with a list of new, happening and very cool stuff that's come to our attention lately.

Comix:

The number-one item on my list this Christmas is the Louis Riel series of art-comic books (or "graphic novels") by ultra-hip Canadian artist Chester Brown. Brown is the author, previously, of the "Yummy Fur" series, and his new series is a historically accurate, sympathetic storytelling of the life of famous Metis rebel Louis Riel, who was executed by the Canadian government after leading the second Metis rebellion. Though children may very much enjoy these books, they are not especially for children: the calibre of the art and the storytelling techniques is for adults, too. These are not your everyday, pulpy comic strips. ($4.95 at all good comic stores and at www.drawnandquarterly.com).

Books:

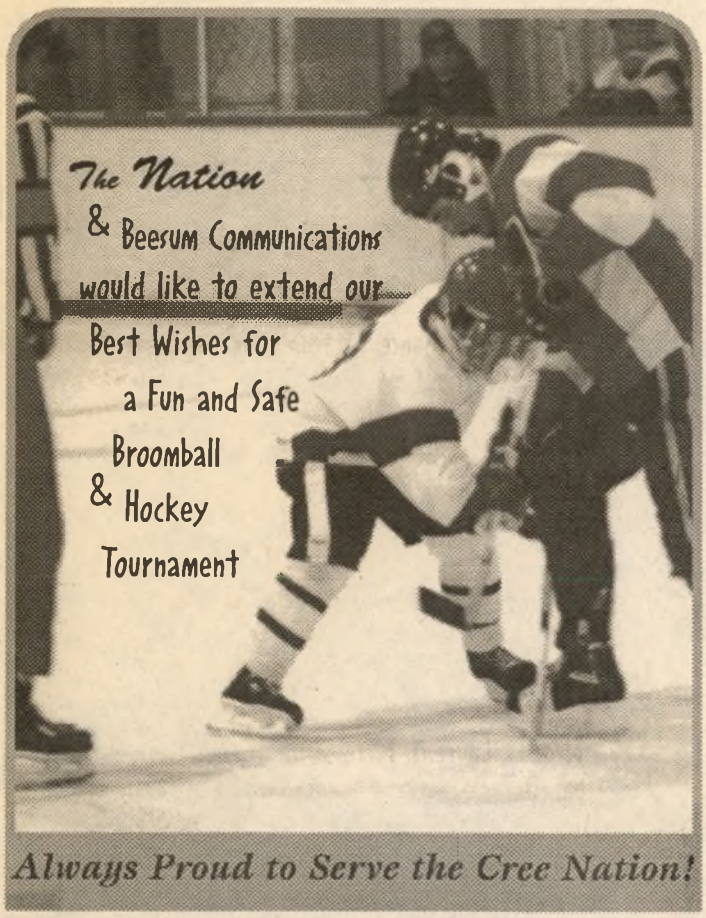
One of the most remarkable books to appear in recent years is **Life of Pi**, by Yann Martel. Nobody expected anything much to happen with this book, but all of a sudden Martel, a 38-year-old Montrealer, made world headlines when he won the Booker Prize, the most prestigious prize in literature. The most surprising thing about this event was the fact that this book actually deserved all the attention. *Life of Pi* is, in Martel's words, "a story to make you believe in God." In other words, a ripping good story. The book follows Pi Patel, a 16-year-old Indian boy (from India) as he gets shipwrecked en route to Canada and spends the better part of a year bobbing in the Pacific in a lifeboat with no one else for company besides a hyena, an orangutan, a zebra and a 450-pound Bengal tiger named Richard Parker.

Martel's story is either a great fairy tale or just a giant, strange metaphor for more spiritual concerns, but either way, it's a book anyone can enjoy and everyone should read. ($21, in bookstores or at www.indigo.ca).

Another really fun read, especially for teenagers or people who wish they lived in the city, is a big new book called **The Original Canadian City Dwellers' Almanac: facts, rants, anecdotes, and unsupported assertions for urban residents**. While I wouldn't say that this book is actually for "urban hipsters" as it claims to be (I know of no "urban hipster" who would be caught dead owning a book intended for urban hipsters), it is a fairly great guide to the weird ins and outs of city life and all of its joys and pleasures, for those who are for some reason or another isolated from the urban. Do you know what a spider roll is? (it's food). Goat roti? Mango Lassis? Bubble tea? Do you know how many great places there are to buy Japanimation in Mississagua, Ontario? Wanna hear the storied history of Canada's first ATM machine? How about some anecdotes about Canada's dumbest criminals? This book has a whole section on urban literature, movies and music (heavy metal is the indigenous folk music of our people.)

The almanac was written by two veterans of the publishing industry who have a special interest in and fondness for alternative culture, which means that this book is a good place to start for people interested in what strange and mind-expanding experiences Canada's cities might have to offer. Clue: Cities are much more fun-filled, wild and woolly than you might think from watching all those tired, cliché-ridden shows we see on TV. The Almanac is a good beginner's guide to the diversity of city culture in Canada. ($25)

DVDs: There's only one DVD we want for Christmas this year: **The Lord of the Rings: The Fellowship of the Ring**. Widescreen. Extended version. $26.99 Enough said. Available at www.indigo.ca.



JoyToyz- A unique gift and a unique company

It was Sebastian Yeung's dream, so she built it. Now, she's the CEO of JoyToyz, a Montreal-based space where the subject of sex and erotic pleasure can be discussed freely and openly, in a women- (and men-) friendly environment.

Other cities have female-friendly sex boutiques, says Yeung, a thirty-something Montrealer who hails originally from Vancouver.

"Toronto, Vancouver, even Halifax, and Winnipeg seemed to have, like, ten of these places." she says.

"I really wanted to found a place where women could shop without feeling nervous, and where they could discuss freely and seriously, and ask questions about products technique, and other sex-related (topics)," says Yeung.

At first, it was Yeung wanted to open a boutique, but the costs and pressures of running a storefront space are pretty heavy, and so an online and mail-order business seemed like the reasonable

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place to start.

She had had already worked for a few years in the sex-education industry, and she jumped in with both feet: "I started my business the way no one ever should: with my credit card," she says, laughing.

"All I can say is that if you're going to start a business, and you're gonna work at it every day, it better be doing something you really, truly love."

Yeung started small and street-level: At first, it was just her and a suitcase full of sexual aids and massage oils, walking around Montreal's nightlife scene (lesbian bars, usually) selling her wares in the flesh. soon, she branched out to a table at a monthly womens' collective craft sale, and finally, got her mail-order and Internet business off the ground.

Now, two years later, Yeung's hard work, determination, and business sense is paying off. JoyToyz has an office space and ten employees, a booming mail-order business, and runs a packed schedule of sex and health-related workshops and Home Parties.

If you're lucky enough to live in or around Montreal. you can bend your learning curve with several sex-related JoyToyz, which include a pre-natal sexcercise course, specialized Oral Sex seminars specialized for the male and female anatomies, and even a certified CPR and first-aid course for people with kinky tendencies. One of the big emphasies in all of JoyToyz educational activities is fun and lightheartedness; the other big deal, of course, is safer-sex practices. Yeung and her colleagues see safety as a crucial aspect of any and all sexual adventures.

"The workshops, which are open to both men and women, are a great forum for discussion. Our facilitators are really good at making the atmosphere very open and non-threatening, so people from all different [backgrounds and scenes] and with different levels of comfort and experience can fee at home. And of course, afterwards, everyone is really looking forward to going home and doing their homework – these are skills that can be very useful but are also a lot of fun..."

Much of Yeung's business is done via her far-flung and mail-order business, where she sells form a warehouse full of exciting and stimulating products which serve all sorts of erotic purposes.

For Yeung, sex toys are more that just fun novelties – they can inspire people to lead better, healthier lives, both emotionally and physically. They can improve your relationship with your mate, and they can be part of an important journey of self-discovery.

"I see [sexual health] as an important aspect of a good life," says Yeung. "A sex toy can be a [tool] towards gaining control of your sexual pleasure. And it's all about trust and honesty, both of yourself, and of your partner, can be very good for your relationship."

"For example, if you've been married for a bunch of years, and you have kids running around let's say, your sex life can get pretty routine and boring; but if you introduce something, like some dried-honey dust or some oil that heats up when you touch it, it can add a whole new dimension to your sex life. You can see the person you love, that you're so used to, in a whole new way. It can bring the spice back, and keep us from getting bored."

Yeung and her associates believe that sex is a fundamental part of human experience that shouldn't be underestimated, They're also pretty sure that a sex toy can lead to much more enjoyment in a sex, and much more sex in life, and so on.

A lot of people can't have sexual pleasure unless they completely trust their partner," explains Yeung. And to hear her tell it, and by looking at her catalogue of goods, there's a lot more variety to the kinds of pleasure men and women both can experience than what we're aware of, or what we see in the movies. For example: there are so many different kinds of orgasms a woman can have, and most women don't even know where their G-Spots are. (Yeung is emphatic that a G-spot is NOT a myth...)

Yeung makes sure that her company only carries the very best sex toys money can buy: she carries products from small, artisanal companies where materials and manufacturing standards are excellent. As well, all her products have been rigorously tested for performance standards. She likes to carry silicone-based dildoes and vibrators when possible (silicone is non-porous, washable, and can last up to twenty-five years, she says.) Likein the auto industry, the German and Japanese rule. "The German products are so well-made, and the Japanese stuff is really technologically advanced."

Indeed. JoyToyz catalogue, which is available by phone, or via e-mail, features many strange and wonderful gadgets that have been engineered specifically with jollies in mind. These include a selection of small, battery-operated eggs and tiny vibrators you can wear in your underwear, as well as larger, silicone tools in all shapes, sizes and colours, ranging from the sublime (Yeung's favourite German company has specially designed vibrators for each Zodiac sign) to the ridiculously cute and funny (check out the bumpy,smiley-face yellow caterpillar dildo. There are also some technological miracles, including the Japanese-engineered iRabbit, which features a microchip and a motor which directs the rotating pearls and massage shaft in 3-sppeds and auto-reverse.

For those within driving distance of Montreal, Joytoyz offers a way to discover all the catalogue in the comfort of your own home. Designed to be like a racy, adventurous version of the tupperware parties of old, a home party is a gathering, hosted by you, in which a dozen or so of your friends, workmates and/or family get to meet a Joytoyz Girl in the comfort of your own home. The salesgirl will come and explain all the goodies, which can be bought on the spot (wait – this isn't dirty...just as a vaccuum salesman doesn't vacuum your house for you, the demo girl won't put on a show.) The parties, which seem to be very popular for birthdays, bachelorette parties, graduations and yuletide cheer celebrations, are Yeung's ingenious strategy to get the word out about her wares. They can also be a great site for female-bonding. According to Yeung, one of her favourite patries was in Kahnesetake, where three generations of women from the same family threw a party together.

"The whole idea of these parties is to let loose – women can leave their husbands and kids at home, and be free to bring up subjects and ask questions and talk amongst their friends. Often, it's a chance to indulge in fantasies: fantasies that can come true."

To check out JoyToyz wares for yourself, surf to www.joytoyz.com. call them at 54-845-8697, or write them at Joytoys, 4200 Bl. St-Laurent, Montreal, quebec, H2W 2R2

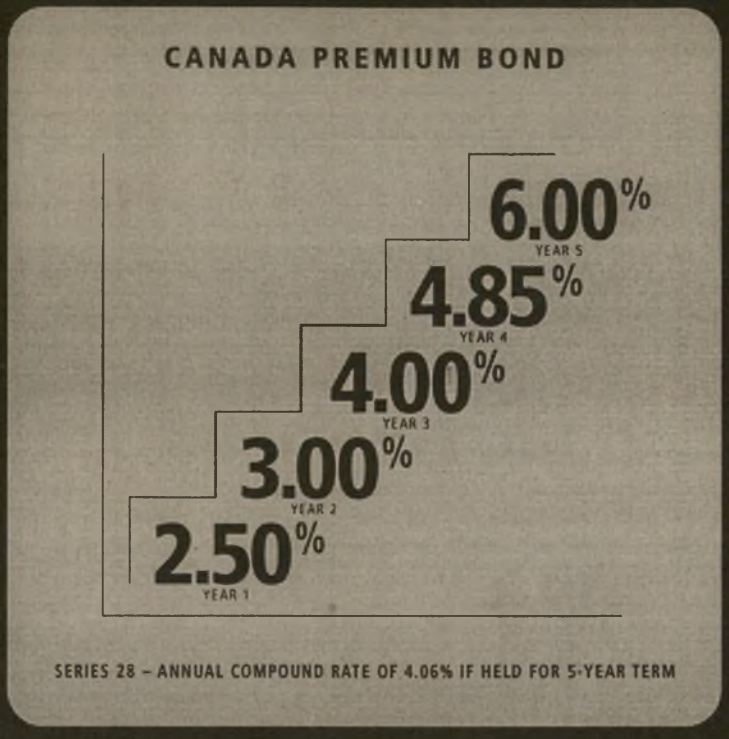
JoyToys never leaves revealing phone messages, and all merchandise arrives in plain boxes, so your privacy stays, well, private.

On the subject of woman-positive sex education and safer sex, Sebastein Yeung and her colleagues recommend the following websites:

www.the-clitoris.com
www.sexuality.about.com

NOTE: these are not pornography sites, but sites focussingon sexual learning and health.

Canada



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WILL ON THE GRILL

by Will Nicholls

Xmas goodies

Yes, dear friends, it is indeed that time of year. I started the recipes early because office parties are no longer just before Christmas. Let's face it, the Xmas machine is already rolling. I have seen the face of Kris Kringle presiding over the Santa Claus parade and the Xmas bug has bitten me early this year.

For My Ex-Roommates: Easy to Make Turkey

Everyone's got to start somewhere and this is an easy recipe for doing the turkey up right. I can hear some of you kitchen old timers groaning but not everyone knows how to cook a turkey. I remember one returning to my home a little late and discovering my roommates had thought I wasn't going to return so they had better cook the sucker themselves. I had prepared the stuffing in advance and got everything ready but discovered some hilarious results. They stuffed the neck and roasted it upside down with no liquid at a high temperature. It was drier than the Sahara Desert and as about as tasty. Remember it's breast side up and you stuff from the opposite end from the neck. Use needle and thread to seal the cavity where you put the stuffing.

About a 12 pound whole turkey
1 (6 ounce) package dry bread stuffing mix
1 cup water
1 tablespoon butter
1 cup chopped celery
1/4 cup chopped onion
4 slices toasted white bread, torn into small pieces
salt and pepper to taste
2 tablespoons vegetable oil

1. Preheat oven to 350 degrees F (175 degrees C). Rinse turkey, remove giblets, heart, and place in a shallow roasting pan.

2. Prepare stuffing according to package directions. Mix in water.

3. Melt butter in a medium saucepan over medium heat, and slowly cook and stir the celery and onion until tender.

4. Mix celery, onion, and toasted bread pieces into the stuffing, and season with salt and pepper. Loosely scoop stuffing into the turkey body cavity and neck cavity. Rub the exterior of the turkey with vegetable oil.

5. Loosely cover turkey with aluminum foil, and roast 3 1/2 to 4 hours in the preheated oven, until the thickest part of the thigh reaches 180 degrees F (85 degrees C) and the interior of the stuffing reaches 165 degrees F (70 degrees C). Remove foil during the last half hour of cooking to brown the bird. Let it cool a bit before attempting to cut.

Orange-Tarragon Grav

Making a regular gravy is easy but making an outstanding gravy is just as easy. Best of all this is a fat-free recipe. Here's how my friends and countrymen-and-women do it:

1/4 cup unbleached flour
1/2 cup orange juice
Roast turkey drippings
1 teaspoon chicken bouillon granules
3/4 teaspoon finely chopped fresh tarragon, or 1/4 teaspoon dried
1/8 teaspoon ground white pepper

Combine the flour and orange juice in a jar with a tight-fitting lid, and shake until smooth. Set aside. Pour turkey drippings from the roast turkey into a fat separator cup. (If you don't have a separator cup, pour the drippings into a bowl, add a few ice cubes, and skim off the fat once it hardens.) Pour the fat-free drippings into a 2-cup measure, and add enough water to bring the volume up to 1 1/2 cups. Pour the drippings mixture into a 1-quart saucepan, and add the bouillon and seasonings. Bring the mixture to a boil over medium heat. Slowly stir the flour mixture into the gravy, and continue to cook and stir for 1 minute, or until the gravy is thickened and bubbly. Transfer the gravy to a gravy boat, and serve hot.

Rosemary Roast Potatoes with Garlic

Now that you've done the bird up right let's get down to some real easy cooking. The holidays should be for everyone so get some helpers and have them make these tasty little sucker. They're easy and they say you are different but a damn good cook.

10 medium potatoes
4 x 5ml spoons dried rosemary, crushed
1 wine glass of olive oil (extra virgin)
4 garlic cloves, crushed

Scrub potatoes in their skins and cut into four.

Steam for 10 minutes, then toss in olive oil, rosemary and crushed garlic.

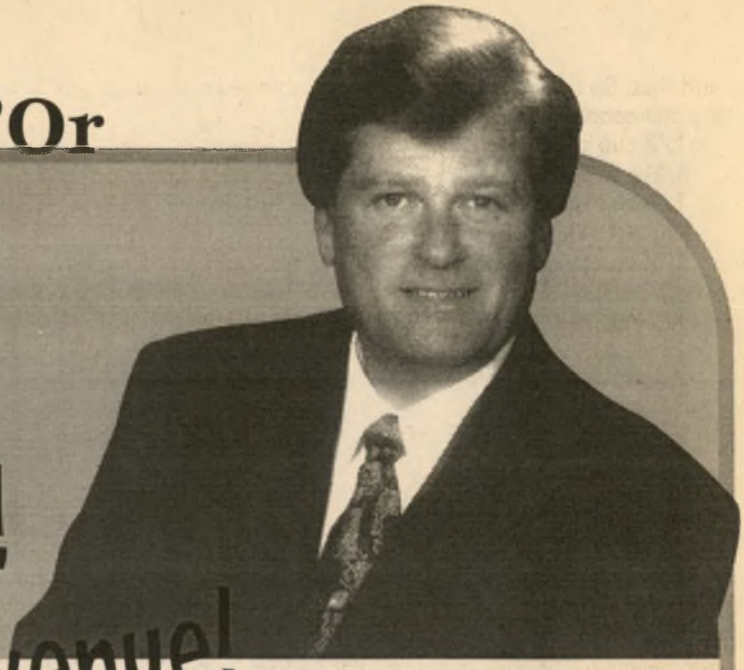
Place the potatoes on a warmed baking tray and roast in hot oven for 30 minutes at 190°C/375°F while the bird is cooling.

Serve immediately, the outside should be crunchy.

This and That Old-Fashioned Rice Pudding

This was always a favorite of mine. I swear grandma made it the best or was it mom? Anyhow this recipe is a touch different then what they did.but I have more ingredients to work with and tons of helpful elves in my kitchen at times recommending this

Ville de Val-d'Or



Wachiya! Welcome! Bienvenue!

As Mayor of Val-d'Or and on behalf of all citizens, I wish to **congratulate** all the **athletes** and **thank family members** and **supporters** who attended the **Cree Nation Tournament** in our beautiful city from **December 5-6-7-8, 2002**.

I believe that such an event contributes in both the sharing and exchanging of our cultural, social and business relationships.

Val-d'Or, being an attractive city and the most important commercial and industrial centre in the area is proud to host such an event for the Cree Nation of James Bay.

We are happy to have greeted you once again for this special sporting event and rest assured that your community will always be welcomed in Val-d'Or.

Merry Christmas!

Let's make it a tradition!

Wachiya!
Wishing you always a pleasant stay!
Mayor Fernand Trahan

and that. So here's this and that old fashioned rice pudding. P.S. it's still economical and damn good.

1/2 cup plus 2 tablespoons uncooked short grain white rice
3/4 cup pear or apricot nectar
1/2 cup water
1 quart skim milk
1/2 cup sugar (you can substitute honey as shown in a past issue)
1/2 cup nonfat dry milk powder
1 cup fat-free egg substitute
2 teaspoons vanilla extract
1/2 cup dark raisins
1/4 teaspoon ground nutmeg

Combine the rice, nectar, and water in a 4-quart pot, and bring the mixture to a boil over high heat. Reduce the heat to low, stir once, and cover. Simmer for 15 minutes, or until the rice is almost tender and most of the liquid has been absorbed. Add the milk, sugar, and nonfat dry milk to the rice mixture, and cook over medium heat, stirring constantly, until the mixture just begins to boil. Reduce the heat to low. Stir 1/2 cup of the hot rice mixture into the egg substitute. Then return the mixture to the pot. Cook and stir for 2 to 3 minutes, or until the pudding thickens slightly. (Do not let it boil.) Remove the pot from the heat, and stir in the vanilla extract and raisins. Coat a 2 1/2-quart casserole dish with nonstick cooking spray, and pour the pudding into the dish. Sprinkle the nutmeg over the top, and place the dish in a pan filled with 1 inch of hot water. Bake at 350 degrees for 1 hour and 10 minutes, or until a sharp knife inserted midway between the rim of the dish and the centre comes out clean. Cool to room temperature. Cover and chill for several hours or overnight before serving.

Coffee Liqueur

So it takes a month to make. The wait is worth it for the taste.

2 ounces instant espresso coffee powder
3 1/2 cups white sugar
2 cups boiling water
1 pint vodka
1 whole vanilla bean

Mix coffee and sugar. Add boiling water and stir until dissolved. Cool.

Add Vodka and pour into two 26 ounce empty bottles. Split vanilla into 4 pieces and add to bottles.

Close bottles tightly and keep in a cool dark place for one month.

Non-alcoholic Fruit Punch

Not everyone drinks alcohol at parties and it is always nice to have something for the designated driver and the kids.

1 (12 fluid ounce) can frozen lemonade concentrate
1 (12 fluid ounce) can frozen orange juice concentrate
3 1/2 cups pineapple juice
1 1/3 cups cranberry juice
1 tray ice cubes

Prepare the lemonade and orange as directed on cans.

Combine orange juice, lemonade, pineapple juice, and cranberry juice in a large mixing bowl or pitcher. Chill well. Immediately before serving add ice cubes.

Kinderpunsch

This is served in Germany during the festive season and is reported to be quite good. I haven't had a chance to try it out myself but am relying on the reports of friends. Let me know if you try it before I do.

1 cup water
2/3 cup white sugar
2 pinches ground cloves
1 cinnamon stick
3 cups apple juice
1 lemon, sliced

In a 3 quart saucepan, bring water, sugar, cloves and cinnamon to boil.

Stir in juice and heat through. Do not boil. Take spices out and pour over lemon slices in serving bowl. Serve warm.

Xmas Questions

Last year I had a few people ask me some questions so I researched the answers and make them available to you.

Q. I would like to get an early start on my Christmas cookies this year. How long can I safely freeze cookies or dough?

A. Any refrigerator cookies are best frozen as dough and then baked fresh. Drop cookies can be scooped onto a cookie sheet, frozen, and then transferred to resealable freezer bags until time to bake. Cookie dough can be frozen for up to six weeks. This will keep the cookies tasting fresh, and the house smelling like you have worked all day when you really didn't. A great idea to make sure you don't have to work as hard making a variety of types is to have a cookie exchange party. Everyone makes a large batch of their favorite Christmas cookie, and then brings the cookies to the party to share. Each person makes only one kind of cookie, but takes home many different kinds. It is also a great way to get into the holiday spirit by starting your sharing early.

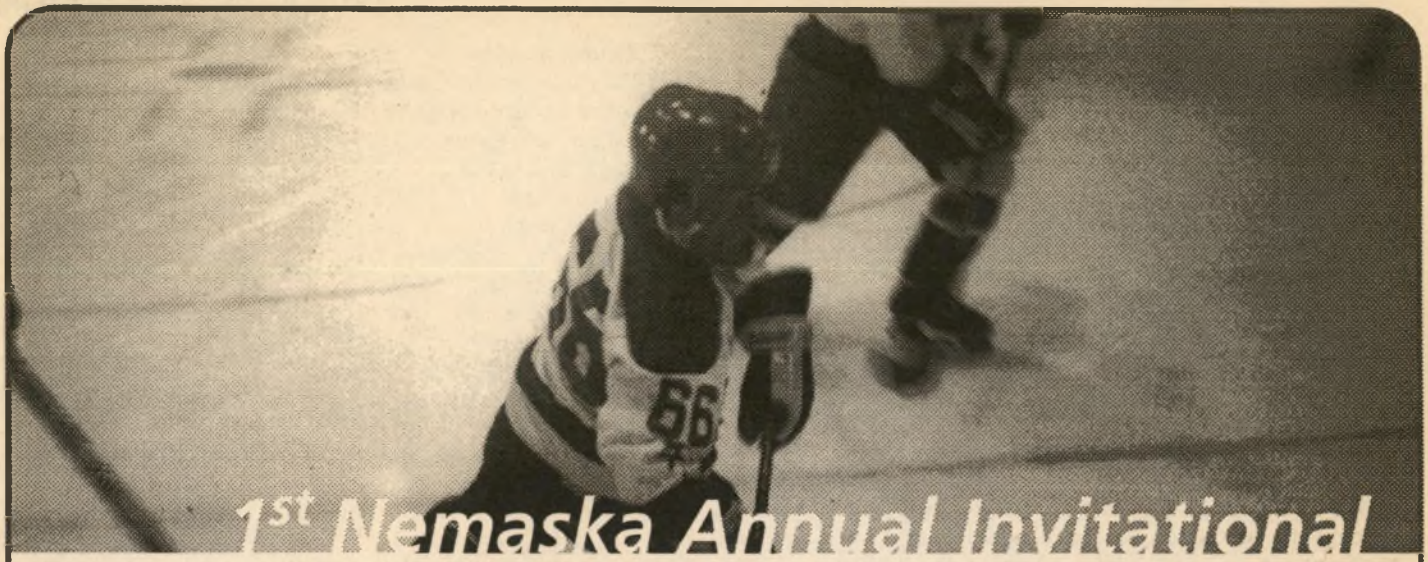
Q. How do I thaw a frozen turkey?

A. Most cooks say it's best to thaw it in the refrigerator. Allow about one day per 5 pounds. A 15-pound turkey will require three days to thaw thoroughly. Worried that's going to take too long? Another way to thaw the bird is to put it into cold water. This is faster as it takes about 30 minutes per pound. That 15-pound holiday monster will require only 7 1/2 hours to thaw using this way. It is also possible to use a combination of these methods.

Q. I have a big family and can't use the recipes because the portions are too small. How do I adjust.

A. The important thing here is the the seasonings: Season to taste, slowly, tasting after each time you add more. If you are doubling a recipe, expect to use only about 1 ½ times the original amount of seasonings. If you are tripling a recipe, expect to use only about twice the original amount of seasonings. If your family is smaller and you want to are dividing a recipe in half or to one-third, then use a little less than half or a third of the original amount of seasonings.

For the food items just double, triple of halve the amount called for.



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Minor Hockey & Broomball Tournament

December 12- 15, 2002.

Categories	# of teams	Inscription	Champions	Finalists
Pre novice hockey	4	$200.00	$500.00	$250.00
Pee wee hockey	4	$300.00	$1000.00	$500.00
Midget hockey	4	$400.00	$1,500.00	$750.00
Benjamin broomball	4	$200.00	$500.00	$250.00
Novice broomball	4	$300.00	$1000.00	$500.00
Cadette broomball	4	$300.00	$1000.00	$500.00
Juvenile broomball	4	$400.00	$1,500.00	$750.00

Additional prizes: trophies and medals will be awarded to the finalists. Individual awards will also be presented to all categories.

Prize money may vary depending on the # of teams that the first teams to register and pay the inscription fees will be accepted.

Deadline to register: December 9, 2002.

For more information concerning the tournament or if you wish to register your team, please do not hesitate to contact the following:

John Henry Wapachee
Arena Manager
Tel: (819) 673-2182
Fax: (819) 673-2186

Dominic Swallow
Recreation Director
Tel: (819) 673-2512 ext. 340 or 215
Fax: (819) 673-2542

Seeing is believing

Xavier Kataquapi

Most people I know who have spent a lot of time up north on the land have a very good sense of sight. With little effort, they are able to pick out birds or animals while out on the land.

This has always been difficult for me as I wear a pair of glasses to help my vision. As a young boy I did not wear prescription eyeglasses. At about the age of 10, I started having difficulty with my vision in school. At one point I had a very hard time reading any writing on the black board even though I sat near the front of the room. I did not have to deal with my bad vision for long. After seeing the visiting optometrist at the hospital in Attawapiskat, I was given my first pair of prescription eyeglasses. This new corrective eyewear helped me at school. Unfortunately, my first pair of glasses and other following prescriptions never did fully restore my vision.

During goose hunting season, I spent a lot of time in goose blinds with other hunters who always seemed to have better vision then myself. Even my two younger brothers were able to spot small black specks which were actually geese several miles away. I could not see them until they came much closer. This experience made me realize how important it was to have good vision while living out on the land. Being able to spot a goose from far away helped in luring these birds to a blind. Geese have very good vision and also scare very easily so it helps to see them coming. My brothers and I were taught from a young age to duck and hide in our blinds, each time a distant goose was spotted. This was done along with calling a goose by mimicking its honking to lure these birds closer to one's blind.

I remember many times standing up in my blind during the spring goose hunt and searching the skies waiting to spot a goose. Sometimes several hours passed before any kind of sighting occurred. Although one of my brothers usually spotted a bird before I did, there were times when I made the first sighting before anyone else.

Good vision did not just help during goose hunting season, but was also a big part in everyday living while out on the land. In all types of situations I have always been amazed by the keen eyesight of people like my dad or other experienced hunters or trappers in our community.

I remember one walk in the late fall with two of my brothers and my dad near the rapids towards the west end of the community. The sun shone brightly and there had been a light snowfall which left a thin layer of snow on the narrow trail we followed. Dad warned us to keep an eye out for a fox, which had been spotted along this trail a few days before. As we walked, we all scanned the frozen ground in front of us and on either side of the trail as we searched for signs of the fox. I grew impatient with the group and decided to hurry ahead of everyone else.

Then suddenly dad and my brothers alerted me to stop and they motioned to an opening of tall brown grass. I scanned the bushes and trees in front of me searching for what they had seen but I could not find anything. They came up alongside me and pointed out the still face of a small red fox right beside the trail just in front me. His head blended in perfectly with the white snow, leafless branches and tall brown grass. Even though I could see the fox right in front of me after it was pointed out, it had taken the trained eye and good vision of dad to point out the hiding fox on the forest floor.

This was the day that I learned that sometimes good vision does always mean being able to see things far away but also to see what is right in front of you. Sometimes it does not matter how great your eyesight is if you do not have the experience and knowledge of how to look at your surroundings. When you become one with the land it becomes much easier to see what you are looking for.

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CLASSIFIEDS

100 – BIRTHS

Message going out to my two cousins on the birth of their baby girl. Melanie Longchap (Hull) on October 13th 2002 and Massie Ottereyes (Chis) on November 6th 2002. I wish you both many good days with your baby. Congrats!!! From Jeanette (Mtl)

Congratulations to my brother J.P. Wapachee and his fiance Angela Jolly on the birth of their second baby girl, Kaylen Janet Grace. What a cute little girl she is, hey Jacie! Be sweet to your little sister alright. God Bless you Kay, with love & kisses, your Aunt Cel. (Nem)

Let`s celebrate - for the birth of a Child is a celebration of life. This great gift from God is yours to love, guide and teach. Give this child all your love and teach the ways of truth, honor and respect. Congratulations on your new arrival "Baby Girl; Kaylen Janet Grace" born on November 8, 2002 in Val D`Or. Take care of each other Angela & John-Paul Wapachee Jr. Keep it up! Jace, you're a terrific big sister. We love you all! from all in the family; Grandma (Emma) & Grandpa (Matthew), Aunties; Brenda-Rose, Celina & Laura, Nieces; Valeriesh, Patricia, Tyra-Lynnsh...

101 – BIRTHDAYS

A happy belated birthday to Miiyawbin Wapachee and Josephine Visitor. From all of us at B1-2.

We want to wish a happy sweet sixteenth birthday to our sweet daughter, Rosalind (ie) Snowboy, on November 19, 2002. Always remember that we love you. Love and Kisses mom and dad (Elizabeth and Roger)

I'd like to wish a Happy Birthday to my sister Rubylon (Iskueu) on Nov. 27th. Don't party too much sis. And also to my little bro Joseph (Juda) on December 9th and to my l'il sister Brenda (UapuKuen) on December 27th. I love you even though you drive me crazy. May all of you have fun on your B'Days. From your loving bro, Willie Nabinicaboo.

Birthday wish for someone very special: my brother Jeremiah Picard on November 23rd. Happy 4th Birthday. I'll try not to make you cry on your special day. Love, your sis Anna (Glorianna Picard)

This special birthday wish goes out to our son Jeremiah Picard on November 23rd. Happy 4th Birthday, we love you so much. We hope you like your cake. With lots of love, Mommy & Daddy xoxox-oxo

I would like to wish my grandson a Happy Birthday on November 23rd, his name is Jeremiah Picard. Happy 4th Birthday nusum. With love kokum, Doris Moar.

Here's to a wonderful Birthday going out to: Hattie Longchap on October 13th, John Jodes Longchap on November 21st, Anna Longchap on October 25th. All my love, from Jeanette in Montreal.

We would like to wish a very special 6th Birthday to our son Joseph Noah Nabinicaboo on December 9th 2002 and to our daughter Brenda Caleigh Mary Nabinicaboo on her 8th Birthday on December 27th 2002. We also would like to wish you a very Merry Christmas, we love you so much. From Silas & Susan Nabinicaboo.

Happy Belated Birthday to my friend Melanie Neeposh from Waswanipi, whose b.day was on September 23, 2002. Never 2 late nah...anyways see you around girl, have a good year with your team! From C.A.Wapachee...

I would like to wish my Auntie Maggie Minister "Happy Birthday". Missing

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you, from your niece Brenda-Rose TAKE CARE AUNTIE!!!

I would like to say Happy 7th Birthday to my nephew Paul Rupert on November 29,2002 and also I would like to say Happy 4th Birthday to my niece & my little friend Shannon Rupert on November 23, 2002. I love you both so much and always will...From your aunt Deborah.R....xoxo

We'd like to wish our boss Louisa K. Wapachee a Happy Birthday on November 22nd 2002. Have we ever told you how much we appreciate having you as our boss, you make us laugh even when you're not trying to be funny; keep practicing your dancing – you never know where you'll end up. You're getting older each day it but doesn't mean you're getting weaker, you're still as good as the first day you became our boss and you're getting better each passing day. Have fun on your birthday and hoping you'll enjoy it because you deserve it for all the hard work you've been doing. PS: You left behind your birthday cake, you could've enjoyed it (sorry boss). From J.K.S. & C.K. (Whapmagoostui)

300 – Personals

We just want to say hi to Clifford and Bella. From Edward & Raquel.

This goes out to my sisters (Tanya and Grace) who are in... Only God knows where. I just thought of dropping a couple of lines to write Hi and all... How's everything going for ya gals? I hope everything goes good. Anyways, call me when you get a phone ok (hope to hear from you's!) Expect to see me in the month of December sometimes ok. I'm not sure if I'm going to be there for the C.N.I.T. but I'll try. From your sis Pamela C. (Wask) xoxoxo PS: Call me when you see this ok.

This goes out to my nephew whom I miss so much. He is Niko Capissisit from Senneterre. I just want to say that I love and miss you so much. I can't wait till I see you again, I want to see how much you have grown. I always think about you, day and night, wondering what you're doing and how you're doing, but I know you're doing ok. I just hope you're not getting lonely. Niko, keep on going to school and don't quit beeing good ok. I love you boy. From your aunt who misses you so much (Wask) xoxoxo PS: Chico, no chicks!!

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en Abitibi-Témiscamingue

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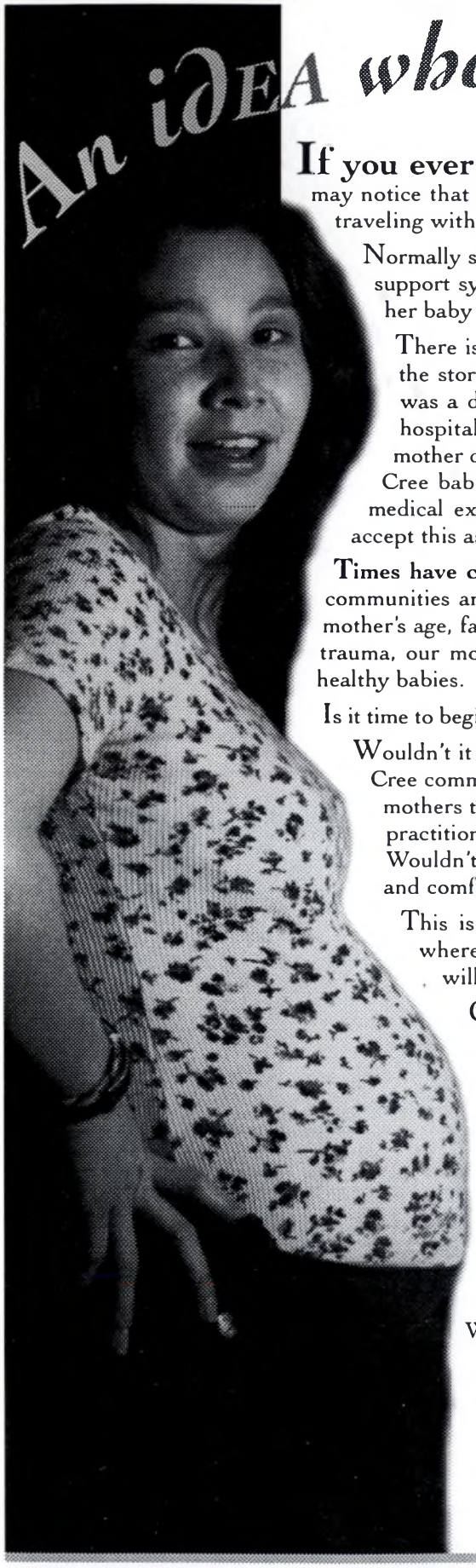
An idea who's time has come?



If you ever have the chance to travel by air and go through Val-d'Or, you may notice that on almost every flight going north, there will be a young mother traveling with a new born baby.

Normally she is alone and young. She has left her community, family, friends, support system, traveled away from home for two or three weeks, delivered her baby and is now returning to her community.

There is a historic reason, we have been told, for this series of events and the stories may vary from one community to another. It seems that there was a death of a child who was born in a community without access to hospital care many years ago. In one instance, this tragically included the mother due to certain complications. At that time, it was decided to have all Cree babies delivered within a medical institution from then on – close to medical expertise and emergency care. Thus, we have been conditioned to accept this as the absolute norm.

Times have changed and we have excellent medical staff within each of our communities and while we still have the occasional 'risky' pregnancy due to the mother's age, family history of illness, danger to mother and/or child as a result of trauma, our mothers are normally, young and healthy women who are carrying healthy babies.

Is it time to begin to shift our thinking about how our children come into this world?

Wouldn't it be preferable to have Cree children born to Cree families within a Cree community? Wouldn't it be wonderful to be able to offer young healthy mothers the option of being within a Cree community, being treated by Cree practitioners, using Cree traditional preparation and birthing techniques? Wouldn't you like to know that your daughter, wife, sister could get support and comfort from the other Cree women in a home like atmosphere.

This is nothing new, if you have your doubts, ask your grandparents, where were they born? or your parents? In all likelihood, the response will be "in the bush".

Consider this option...

What about developing a **Cree Nation Birthing Centre** for the Cree Nation?

Such a Centre could be located within a Cree community which has regular air access as well as access by road.

Any such proposal would need the support of the Cree people, the Cree Nation, the Cree Board of Health and Social Services of James Bay, Santé Québec and Health Canada.

But first things first – ***what do you think about such an idea***? Isn't this what Cree Nation building is all about? Being in control?

We are interested in your ideas and comments.

Write: Chief George Wapachee
Cree Nation of Nemaska
Nemaska (Qc) J0Y 3B0

Call: 819 673 2512 • Fax: 819 673 2542
e-mail: georgewapachee@lincsat.com

CREE NATION INVITATIONAL SENIOR HOCKEY AND BROOMBALL TOURNAMENT

Val-d'Or, Quebec

December 5-6-7-8, 2002

More than *$70,000 in cash and prizes !

*subject to change based on actual number of teams per category. All teams guaranteed 3 games.

HOCKEY CATEGORIES

Category	teams	Entry Fee	Champions	Finalists
Class "A"	10	$1,500.	$10,000.	$5,000.
Class "B"	12	$1,000.	$5,000.	$3,000.
Class "C"	8	$800.	$4,000.	$2,000.
Women's	8	$800.	$4,000.	$2,000.
Old-Timers	8	$800.	$4,000.	$2,000.
Recreational	8	$500.	Prizes only	Prizes only

BROOMBALL CATEGORIES* - 16 teams (Fee is $800 per team)

* all broomball teams begin in one Open Category and will be ranked after 3 games played with the Top 8 Overall teams advancing into the next round. Losers in 1st play-off round play in "B" division. Winners in !st play-off round play in "A" division.

Division	Champions	Finalists
A	$5,000	$3,000
B	$3,000	$2,000

Introducing a New Exhibition Category for 2002 !

OPEN HOCKEY - FULL BODY CONTACT - NO IMPORT RESTRICTIONS

Category	teams	Entry Fee	Champions	Finalists
Open Hockey	6	$1,000	$4,000	$2,000

Opening Ceremonies - Friday, December 6th @ 8:00 p.m.

Special Attractions to be announced.

REGISTRATION DEADLINE IS NOVEMBER 15, 2002

*Confirmation of your team's participation will be made upon receipt of your Entry Fee and Registration Form

Checks or Money-orders must be made payable to
C.N.I.T. c/o Matt Blacksmith
1 Birch Street, Waswanipi, QC, J0Y 3C0

Information - Registration Forms - Inscriptions

John Boudrias	Matt Blacksmith	Jean-Baptiste Loon	James Neeposh
Co-ordinator	Waswanipi	Mistissini	Oujebougoumou
(819) 825-2648	(819) 753-2450 ext.22	(418) 923-3461 ext.322	(418) 745-3911 ext.242
Fax: 825-0024	Fax: 753-2498	Fax: (418) 923-2112	Fax: (418) 745-3426

or visit www.CNIT.ca

Special Team Player Passes are available for $100 per team (maximum 15 players) before the deadline. All player passes will be sold for $10 per player after this date. The C.N.I.T. Organizing Committee is not responsible for team lodging. This event is organized with the sole purpose of friendship, sportsmanship and fair play.

ADMISSION PRICES

16 and over - $10 per day • 5 years to 15 years - $5 per day • Under 5 and 60 and over - FREE ADMISSION